

## Grandma's Iron Skillet

A familiar sight in grandma's kitchen is probably her hot smoking iron skillet, a sure sign that cornbread is on the menu. The secret to her cornbread can be found in her treasured iron skillet that bakes up moist with a crisp, brown crust.

If you're fortunate enough to have cast iron cookware that's been passed down from kitchen to kitchen, you are reaping the rewards of many years of "seasoning," the black coating layer which develops on iron cookware. Seasoning gives iron cookware a smooth surface and makes it ideal for baking cornbread.

Even if your skillet is new--or just in need of a little "tender loving care," you can develop your own family treasure. It begins with proper seasoning, following these basic steps:

- \* Wash iron cookware thoroughly and rinse in hot water.
- \* Dry Completely with a towel. Do not drain dry.
- \* Warm the cookware and grease the inside by rubbing with vegetable oil or shortening.
- \* Lightly grease the outside

and wipe away the excess.

- \* Place cookware in medium-hot oven (300 to 350 degrees) and let season for 30 to 40 minutes.

- \* Allow the cookware to cool in the oven to room temperature.

The iron cookware is now ready to use. But to lock in the seasoning, it is best to cook foods with high fat and grease content the first few uses because foods with high moisture content tend to remove the seasoning.

After seasoning your iron cookware, take proper care to maintain it:

- \* After cooking, clean with a cloth or wash in hot water, but do not let soak.

- \* Do not use harsh detergents or put in the dishwasher.

- \* Dry thoroughly to prevent rusting. One good way is to place in a hot oven just until dry.

- \* If cast iron does get rust spots, scrub with a plastic bun until removed. Rinse, dry and repeat seasoning process.

- \* Grease lightly when storing iron utensils, but never store food in them.

With proper care of your iron cookware and the right recipe, you can serve cornbread that even your grandmother would envy.

## C. P. & L. (continued from page 5)

shelter inside. If you must remain outside, don't go near tall trees, overhead wires or other tall objects. Because they are higher than the surrounding landscape, they are usually the first objects struck during a thunderstorm. If you're in the forest, find shelter in a low area, under small, thick trees.

Thunderstorms often occur unexpectedly and people find themselves stranded in wide-open spaces, such as a golf course. Find low ground or crouch down. Don't huddle in a group--spread out.

Electricity will go to the ground through any good conductor. Because metal is an excellent conductor do not touch metal objects during a thunderstorm. Electricity also flows readily through water. Boaters and swimmers should get out of the water as quickly as possible.

Lightning, which kills more people than hurricanes and tornadoes combined, is also the leading cause of power outages. When it strikes utility poles, lightning can discharge 100 million volts of electricity. This discharge overloads the system--blowing fuses and shutting off the affected circuit.

## Fireman's Day Parade

Once again it is time to plan for the Annual Fireman's Day Parade held each year in October by the Vanceboro Rural Volunteer Fire Department. The department wants to take this opportunity to invite your organization to participate with them in the parade, and enjoy the fellowship and activities that are also a part of this event. The parade will be held at ten a.m. on 4 October, and the line up time for participating units will be nine AM, at the Royster Pamlico Mill site located on Hwy 17 North Business just inside the town limits.

Rural Volunteer Fire Department hopes to have one

of the best parades ever this year, and with your help this goal can be reached. In order to assist in planning the line up for the parade, please confirm your group's participation by 31 September. You may do this by writing to Captain Scott Gladson, Route 2 Box 371-A, Vanceboro, NC 28586, or calling (919) 244-2461.

The Vanceboro Rural Volunteer Fire Department would like to take this opportunity to thank you for your support and participation, the department really appreciates your interest and enthusiasm, and they look forward to your fellowship on the 4th.

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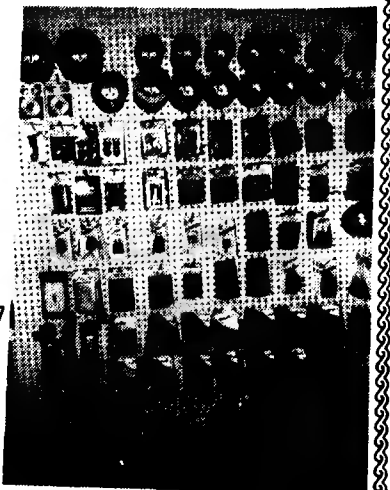
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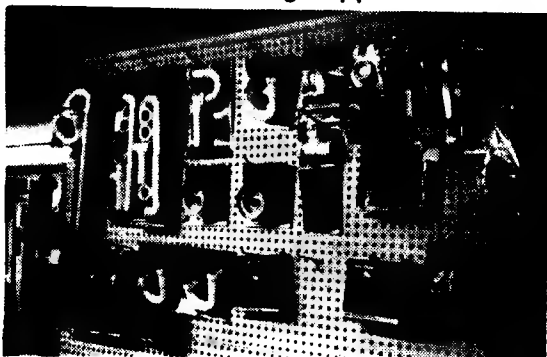
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